

# Indoor Grilled Sausage, Eggs, and Bacon

Sausage, bacon, and eggs is a time honored classic. Two parts pork, and one part chicken. Interestingly, eggs are the only part of the chicken commonly eaten for breakfast in many American homes. Many people think eggs can only be fried on the stove. Frying is the quickest, messiest, and mostly likely to cause burns. Sausage and bacon can be oven baked. Fried or scrambled eggs can be cooked in the microwave. Use a table top grill to create less mess and for easier clean up. Egg rings keep the eggs from running into other food, or off the grill.

## Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

## Meal Adaptations:

### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

## Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

**Meatless Preparation Avoid:****Bacon****Butter****Eggs****Chicken****Pork****Sausage****Turkey****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Grill safe spatula****Paring knife****Pot holders****Spoon****Pan: Table top grill****Ingredients:****Meat:****3 pieces of bacon****2 eggs****1 piece of sausage****Note: You can use turkey bacon and turkey sausage for less grease.****Vegetables:****Optional:****1/4 cup of mushrooms****1/4 cup of onions****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes**

**Preparation:**

1. Turn grill on to 350 degrees.
2. Add bacon and sausage.
3. Turn as needed with grill safe spatula.
4. Cook until crispy.
5. Place on plate and cover.
6. Prepare scrambled eggs.
7. Either use an egg ring, or a heat safe spatula, to keep the eggs on the grill until done.

**Cook Temperature: 350 degrees**

**Cook Time: 15 to 20 minutes**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**